

jected by two on account of heart murmur. In 1904 he took walks in the Switzerland passes at an elevation of 8,000 feet, and suffered no serious inconvenience, though at times he had distress in the cardiac region, possibly due to gas in the stomach, as he was a sufferer from indigestion. He gave a history of rheumatism and swelling of the feet, no dyspnea. In 1905 he came to Europe when he suffered from dyspepsia. In 1906 he had rheumatism and was under treatment with his local physician, returned to Europe in 1907, and when on the Heidelberg mountain experienced some distress in breathing. At this time he says there was some wheezing of the lungs.

He read an article on Nauheim and decided to visit the place, because his condition had not improved and he continued to grow weaker. While at Nauheim, under the care of Prof. Schott, he had fifty-two baths and resistance movements with a vacation interval from July 1st to 21st, in Switzerland. When he came to Nauheim the apex beat was two inches outside of the nipple line. After treatment the heart was found to be contracted about two inches, and in normal position. In 1908 he returned to Nauheim. June 1st, I made a careful examination and found that he was suffering from mitral regurgitation and aortic stenosis.

Even after a severe examination the pulse only rose to 90. This gentleman, erudite, learned in the law, accustomed to sifting evidence, gives unhesitating testimony in favor of the baths as prescribed by Prof. Schott and administered at Bad-Nauheim.

It is, of course, quite impossible for all patients suffering from such forms of heart trouble as would be benefited by the natural baths to visit Nauheim, and consequently of late years many able practitioners have made use of the artificial brine baths with or without free carbonic dioxide, and sometimes combined with muscular exercises. The effect of the two procedures (baths and resistance movements) is very similar. From the cases I have cited I think it is quite established that the baths and resistance exercise are capable of notably diminishing the area of the cardiac dullness and at the same time producing a pulse more normal in character.

50 College St.